



## Aquatic Job Training!

Become certified to teach or lifeguard

### Water Safety Instructor Training

Pre-Requisite: 16 yrs old on or before the last class day AND ability to swim 6 strokes – front and back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke. Learn the techniques and skills necessary to become American Red Cross certified to teach swim lessons. Bring swim suit(s), towel(s), and food for the day.

16 & up: May 31–Jun 3, Tue–Fri, 10am–7pm 221241.2  
Location: Centennial Pool, 1201 Alpine St  
Fee: \$35 fee paid to American Red Cross  
+ \$130 resident/\$162 non-resident/  
\$55 pending City of Longmont employee

### Longmont Swim Instructor (LSI) Training

Become certified to teach City of Longmont swim lessons to youth ages 3 to 12. Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day and must submit job application by last day of class. Please come with a swimsuit and snack/lunch to get you through the day.

15 & up: Apr 26–May 5, Tue & Thurs, 4–7pm 221243.3  
Jun 6–9, Mon–Thurs, 8:30–11:30am 321243.1  
Aug 8–11, Mon–Thurs, 8:30–11:30am 321243.2  
Location: Centennial Pool, 1201 Alpine St  
Fee: \$50 resident/ \$62.50 non-resident

### Lifeguard Training + Waterpark Certification

Learn the basics of American Red Cross lifeguard skills and practices. First Aid and CPR/AED for the professional rescuer are included. Pretest: 300 yard continuous swim; half Front Crawl and half Breaststroke.

15 & up: Pretest: Jun 14, Tue, 3–5pm  
Jun 15–17, Wed–Fri, 1–7pm; Jun 18, Sat, 9–5pm 311211.1A  
Location: Sunset Pool, 1900 Longs Peak Ave

15 & up: Pretest: Aug 1, Mon, 3–5pm  
Aug 2–4, Tue–Thurs, 11–5pm & Aug 7, Sun, 10–6pm 311211.2A  
Location: Longmont Recreation Center 310 Quail Rd  
Fee: \$160 resident / \$200 non-resident /  
\$90 pending City of Longmont employee

### Junior Lifeguard Camp

Not old enough for the Lifeguard class? This is the next best thing! Learn water rescues and surveillance skills all while improving stroke technique! Admission fees for each facility are included.

11 to 14 yrs: Jun 21–24, Tue–Fri, 10am–1pm 331215.1A  
Jul 19–22, Tue–Fri, 10am–1pm 331215.1B  
Locations: Tue–Longmont Recreation Center,  
Wed–Centennial Pool, Thurs–Sunset Pool,  
Fri–Union Reservoir  
Fee: \$50 resident/ \$62.50 non-resident

### Swim Instructor Aide

Enjoy working with youth and want to be a swim instructor, but not 15 yet? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities are available with City of Longmont swimming lessons! Pre-Requisite: Level 4 or Blast 2 swimming ability.

11 to 14 yrs: Jun 1–2, Wed & Thurs, 8:30–11:30am 331242.1  
Jun 29–30, Wed & Thurs, 8:30–11:30am 331242.2  
Jul 27–28, Wed & Thurs, 8:30–11:30am 331242.3  
Location: Sunset Pool, 1900 Longs Peak Ave  
Fee: \$20 resident/\$25 non-resident

### Babysitter's Training

This American Red Cross course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Participants will develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism. Bring a pen or pencil and lunch and/or snacks.

11 to 16 yrs: Jun 7, Tue, 9–4:30pm 321231.1  
Jun 21, Tue, 9–4:30pm 321231.2  
Jul 12, Tue, 9–4:30pm 321231.3  
Jul 25, Mon, 9–4:30pm 321231.4  
Aug 15, Mon, 9–4:30pm 321231.5  
Location: Sunset Pool, 1900 Longs Peak Ave  
Fee: \$55 resident/\$68.75 non-resident

### Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children. Includes two text books for later reference. Great for both experienced and novice sitters. Bring a pen or pencil and lunch and/or snacks.

12 & up: Jun 13–14, Mon & Tue, 9–2pm 321232.1  
Jul 20–21, Wed & Thurs, 9–2pm 321232.2  
Aug 8–9, Mon & Tue, 9–2pm 321232.3  
Location: Sunset Pool, 1900 Longs Peak Ave  
Fee: \$90 resident/\$112.50 non-resident

### CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 & up: May 11, Wed, 5–9pm 311211.1A  
Jul 26, Tue, 9–1pm 311211.1B  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$65 resident/ \$81.25 non-resident

### CPR/AED & First Aid

This American Red Cross course covers CPR & AED for adults, children and infants and First Aid.

12 & up: Jun 6 & 13, Mon, 5:30–8:30pm 311223.1A  
Location: Sunset Pool, 1900 Longs Peak Ave  
12 & up: Aug 21, Sun, 11–5pm 311223.1B  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$85 resident/ \$106.25 non-resident

### First Aid

The American Red Cross First Aid Basics.

12 & up: May 14, Sat, 9–11am 311222.1A  
Location: Longmont Recreation Center, 310 Quail Rd  
12 & up: Jul 7, Thurs, 5:30–7:30pm 311222.1B  
Location: Sunset Pool, 1900 Longs Peak Ave  
Fee: \$50 resident / \$62.50 non-resident



We will bring CPR, AED, and/or First Aid Classes to your group of 6 or more! Please contact Heather at [heather.deal@longmontcolorado.gov](mailto:heather.deal@longmontcolorado.gov) to set up a date(s).

# Learn to Swim Programs with the City of Longmont

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults (see page 16 for Adult swim lessons). Below in the colored boxes are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.



## New! Time Friendly Swim Lessons

Get all your kids in and out of swim lessons in less than an hour! Our new time friendly swim lessons are designed to offer more class options at the same time with the goal to minimize wait times between classes. Sign up for a time frame that best works with your schedule. Register for a Preschool (Turtle, Alligator, Seal) or an American Red Cross (Level 2,3,4) time slot. At the beginning of the session students are divided into appropriate classes during the first 5 minutes. Preschool and Levels 2-4 time friendly class offerings are 35 minutes; Blast and Teen time friendly are 45 min.

## Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-2, but further divides the skills to provide a learning environment better suited for preschoolers.

**3-5 years old • Lessons are 30 min**

### Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

### Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

### Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

## Parent/Child:

### Aquababy & Aquatot

**6 months to 3 years old - classes are 30 min** - Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated.

### Aquababy

**6-18 months.** Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

### Aquatot

**18 months - 3 ½ yrs.** Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aquababy and work on independence in the water.

## Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to add your name/number, pool, time & day preference to the private swim lesson waitlist.

### Private Fee:

30 min: \$25 resident/ \$31.25 non-resident  
45 min: \$35 resident/ \$43.75 non-resident

### Semi-Priv. Fee:

30 min: \$35 resident /\$43.75 non-resident (max. 3 students)

## American Red Cross

### Learn-to-Swim;

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

**6 years & up • Level 1 & 2 are 30 min • Levels 3-4 are 40 min**

### Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

### Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

### Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

### Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breast-stroke and back crawl.

## Water Explorers

**2 ½ - 3 years old • Classes are 30 min**

Water Explorers is designed as a transition class for children who want more independence than the Aquatot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions.

## Got Goggles?

Goggles are not recommended for Water Explorer, Turtle, Alligator and Level 1 classes. In order to learn proper breath control, goggles that cover the nose are not recommended.

## BLAST!

### Accelerated Swim Lessons

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

**5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min**

### Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

### Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 yards. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

### Blast 2: Backstroke

Pre-requisite: front & back streamline kick 15 yards; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

### Blast 3: Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 50 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

## Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please see private swim lessons.

## Outdoor Lessons at Sunset Pool

### Monday - Friday Mornings *\*No class on 4th of July*

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	6/6-6/17	6/20-7/1	7/5-7/15	7/18-7/29	8/1-8/12
	Fee	\$40/\$50	\$40/\$50	\$36/\$45	\$40/\$50	\$40/\$50
<b>Aquababy</b>	9:55 AM	330811.1A	330811.2A	330811.3A	330811.4A	330811.5A
<b>Aquatot</b>	10:30 AM	330812.1A	330812.2A	330812.3A	330812.4A	330812.5A
<b>Water Explorer</b>	8:55 AM	330814.1A	330814.2A	330814.3A	330814.4A	330814.5A
	9:20 AM	330814.1B	330814.2B	330814.3B	330814.4B	330814.5B
<b>Preschool</b>	8:25 AM	330827.1A	330827.2A	330827.3A	330827.4A	330827.5A
	9:05 AM	330827.1B	330827.2B	330827.3B	330827.4B	330827.5B
	9:45 AM	330827.1C	330827.2C	330827.3C	330827.4C	330827.5C
	10:25 AM	330827.1D	330827.2D	330827.3D	330827.4D	330827.5D
<b>Level 1</b>	8:45 AM	330831.1A	330831.2A	330831.3A	330831.4A	330831.5A
	8:20 AM	330831.1B	330831.2B	330831.3B	330831.4B	330831.5B
<b>Levels 2-4</b>	8:25 AM	330837.1A	330837.2A	330837.3A	330837.4A	330837.5A
	9:05 AM	330837.1B	330837.2B	330837.3B	330837.4B	330837.5B
	9:45 AM	330837.1C	330837.2C	330837.3C	330837.4C	330837.5C
	10:25 AM	330837.1D	330837.2D	330837.3D	330837.4D	330837.5D
	<b>Fee</b>	<b>\$50/\$62.50</b>	<b>\$50/\$62.50</b>	<b>\$45/\$56.25</b>	<b>\$50/\$62.50</b>	<b>\$50/\$62.50</b>
<b>Beginning Blast</b>	8:45 AM	330840.1A	330840.2A	330840.3A	330840.4A	330840.5A
<b>Blast 1-3</b>	9:30 AM	330847.1A	330847.2A	330847.3A	330847.4A	330847.5A
	10:20 AM	330847.1B	330847.2B	330847.3B	330847.4B	330847.5B
<b>Teen 1-2</b>	7:55 AM	330857.1A	330857.2A	330857.3A	330857.4A	330857.5A

### Tues & Thurs Evening

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/7-6/23	6/28-7/21	7/26-8/11
	Fee	\$24/\$30	\$32/\$40	\$24/\$30
<b>Aquatot</b>	6:25 PM	330212.1A	330212.2A	330212.3A
<b>Turtle</b>	5:50 PM	330221.1A	330221.2A	330221.3A
	6:35 PM	330221.1B	330221.2B	330221.3B
<b>Alligator</b>	5:50 PM	330222.1A	330222.2A	330222.3A
	6:25 PM	330222.1B	330222.2B	330222.3B
	7:10 PM	330222.1C	330222.2C	330222.3C
<b>Seal</b>	7:00 PM	330223.1A	330223.2A	330223.3A
<b>Level 1</b>	7:00 PM	330231.1A	330231.2A	330231.3A
<b>Level 2</b>	6:25 PM	330232.1A	330232.2A	330232.3A
<b>Level 3</b>	6:15 PM	330233.1A	330233.2A	330233.3A
<b>Level 4</b>	5:30 PM	330234.1A	330234.2A	330234.3A
	<b>Fee</b>	<b>\$30/\$37.50</b>	<b>\$40/\$50</b>	<b>\$30/\$37.50</b>
<b>Beginning Blast</b>	5:50 PM	330240.1A	330240.2A	330240.3A
<b>Blast 1</b>	6:35 PM	330241.1A	330241.2A	330241.3A
<b>Blast 2</b>	6:40 PM	330242.1A	330242.2A	330242.3A
<b>Blast 3</b>	5:50 PM	330243.1A	330243.2A	330243.3A
<b>Teen 1-2</b>	7:00 PM	330257.1A	330257.2A	330257.3A

### Outdoor Lessons

**Weather Policy:** Lessons will proceed at outdoor pools unless heavy rain or lightning conditions exist. If lessons in cold or rainy weather are not appealing, consider Centennial Pool or the Longmont Recreation Center. There are NO REFUNDS for cancellations due to inclement weather.

### Pool Admittance Policy:

All swim lesson participants, including parents and siblings, are required to exit the facility at the conclusion of lessons. Lessons do not include facility open swim admittance; please plan to pay normal admittance fees to attend open swim.

### Teen 1: Learning the Basics

Teen 1 focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

### Teen 2: Endurance and Stroke Enhancement

Teen 2 focuses on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

### Stroke Clinics with Coach Geoff Hawsworth

Stroke Clinics are geared towards swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water and helping each swimmer reach his or her potential.

8-18 yrs: Jun 7-30, Tue & Thurs, 4-5pm 326440.1  
 Jul 5-28, Tue & Thurs, 4-5pm 326440.2  
 Aug 2-25, Tue & Thurs, 4-5pm 326440.3  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: \$90 resident/ \$112.50 non-resident  
 \*\*Drop-In: \$15 (\*\*contact coach 1st:  
 swimcoachgeoff@gmail.com)



# Indoor Lessons at Longmont Recreation Center

## LRC May Swim Lessons

### Tues & Thurs Morning

	Time	Ssn 5
	Date	5/3-5/26
	Fee	\$32 / \$40
<b>Water Explorers</b>	10:40 AM	210214.5A
<b>Turtle</b>	8:55 AM	210221.5A
	10:05 AM	210221.5B
<b>Alligator</b>	9:30 AM	210222.5A
	10:05 AM	210222.5B
<b>Seal</b>	9:30 AM	210223.5A
	<b>Fee</b>	<b>\$16 / \$20</b>
<b>Aquababy Tu AM</b>	8:55 AM	210211.5A
<b>Aquatot Th AM</b>	8:55 AM	210212.5A
	<b>Fee</b>	<b>\$40/ \$50</b>
<b>Beg Blast</b>	10:40 AM	210240.5A

### Tuesday Afternoon

	Time	Ssn 1	Ssn 2
	Date	5/31-7/5	7/12-8/16
	Fee	\$24/\$30	\$24/\$30
<b>Preschool</b>	4:00 PM	310327.1A	310327.2A
	4:40 PM	310327.1B	310327.2B
	5:20 PM	310327.1C	310327.2C
<b>Level 1</b>	6:00 PM	310331.1A	310331.2A
<b>Levels 2-4</b>	4:00 PM	310337.1A	310337.2A
	4:40 PM	310337.1B	310337.2B
	<b>Fee</b>	<b>\$30/\$37.50</b>	<b>\$30/\$37.50</b>
<b>Beginning Blast</b>	6:00 PM	310340.1A	310340.2A
<b>Blast 1-3</b>	5:20 PM	310347.1A	310347.2A

### Thursday Afternoon

	Time	Ssn 1	Ssn 2
	Date	6/2-7/7	7/14-8/18
	Fee	\$24/\$30	\$24/\$30
<b>Water Explorers</b>	4:00 PM	310514.1A	310514.2A
<b>Turtle</b>	4:00 PM	310521.1A	310521.2A
	4:35 PM	310521.1B	310521.2B
	5:10 PM	310521.1C	310521.2C
<b>Alligator</b>	4:00 PM	310522.1A	310522.2A
	4:35 PM	310522.1B	310522.2B
	5:10 PM	310522.1C	310522.2C
<b>Seal</b>	4:35 PM	310523.1A	310523.2A
	5:10 PM	310523.1B	310523.2B
<b>Level 1</b>	5:40 PM	310531.1A	310531.2A
<b>Level 2</b>	4:45 PM	310532.1A	310532.2A
<b>Level 3</b>	4:00 PM	310533.1A	310533.2A
<b>Level 4</b>	4:45 PM	310534.1A	310534.2A
	<b>Fee</b>	<b>\$30/\$37.50</b>	<b>\$30/\$37.50</b>
<b>Beginning Blast</b>	4:00 PM	310540.1A	310540.2A
	5:20 PM	310540.1B	310540.2B
<b>Blast 1</b>	4:00 PM	310541.1A	310541.2A
<b>Blast 2</b>	4:50 PM	310542.1A	310542.2A
<b>Blast 3</b>	5:30 PM	310543.1A	310543.2A

### Tues & Thurs Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/31-6/23	6/28-7/21	7/26-8/18
	Fee	\$32/\$40	\$32/\$40	\$32/\$40
<b>Aquababy</b>	8:30 AM	310211.1A	310211.2A	310211.3A
<b>Aquatot</b>	9:05 AM	310212.1A	310212.2A	310212.3A
<b>Water Explorers</b>	9:40 AM	310214.1A	310214.2A	310214.3A
	10:15 AM	310214.1B	310214.2B	310214.3B
<b>Turtle</b>	8:30 AM	310221.1A	310221.2A	310221.3A
	9:05 AM	310221.1B	310221.2B	310221.3B
	9:40 AM	310221.1C	310221.2C	310221.3C
<b>Alligator</b>	8:30 AM	310222.1A	310222.2A	310222.3A
	9:05 AM	310222.1B	310222.2B	310222.3B
	9:40 AM	310222.1C	310222.2C	310222.3C
<b>Seal</b>	9:05 AM	310223.1A	310223.2A	310223.3A
	9:40 AM	310223.1B	310223.2B	310223.3B
<b>Level 1</b>	8:30 AM	310231.1A	310231.2A	310231.3A
	9:05 AM	310231.1B	310231.2B	310231.3B
<b>Level 2</b>	9:40 AM	310232.1A	310232.2A	310232.3A
<b>Level 3</b>	10:15 AM	310233.1A	310233.2A	310233.3A
	<b>Fee</b>	<b>\$40/\$50</b>	<b>\$40/\$50</b>	<b>\$40/\$50</b>
<b>Beginning Blast</b>	8:20 AM	310240.1A	310240.2A	310240.3A
<b>Blast 1</b>	10:15 AM	310241.1A	310241.2A	310241.3A
<b>Blast 2</b>	10:15 AM	310242.1A	310242.2A	310242.3A
<b>Blast 3</b>	10:15 AM	310243.1A	310243.2A	310243.3A



Get all your kids in and out of swim lessons in less than an hour! At the beginning of the session students are divided into appropriate classes during the first 5 minutes.

### \*Sunday Morning

	Time	Ssn 1	Ssn 2
	Date	6/5-7/10	7/17-8/14
	Fee	\$24/\$30	\$20/\$25
<b>Aquababy</b>	9:20 AM	310711.1A	310711.2A
<b>Aquatot</b>	9:55 AM	310712.1A	310712.2A
<b>Water Explorer</b>	9:20 AM	310714.1A	310714.2A
	9:55 AM	310714.1B	310714.2B
<b>Preschool</b>	8:30 AM	310727.1A	310727.2A
	9:10 AM	310727.1B	310727.2B
	9:50 AM	310727.1C	310727.2C
	10:30 AM	310727.1D	310727.2D
<b>Levels 1</b>	10:30 AM	310731.1A	310731.2A
<b>Levels 2-4</b>	8:30 AM	310737.1A	310737.2A
	9:10 AM	310737.1B	310737.2B
	9:50 AM	310737.1C	310737.2C
	<b>Fee</b>	<b>\$30/\$37.50</b>	<b>\$25/\$31.25</b>
<b>Beginning Blast</b>	10:30 AM	310740.1A	310740.2A
<b>Blast 1-3</b>	10:30 AM	310747.1A	310747.2A
<b>Teen 1-2</b>	8:30 AM	310757.1A	310757.2A

\*NEW-Open Swim will start at 10am on Sundays.  
Lap swim available, minimum 2 lanes.

### Please Note:

The Longmont Recreation Center has open swim during swim lessons. If you and/or your family would like to swim before or after your swim lessons please check in at the front desk before going to the pool. Children 5 and under MUST have an adult in the water with them. Thank you for your cooperation.

# Indoor Lessons at Centennial Pool

## Monday - Friday Morning

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5	Ssn 6	Ssn 7	Ssn 8	Ssn 9	Ssn 10	Ssn 11
	Date	5/31-6/3*	6/6-6/10	6/13-6/17	6/20-6/24	6/27-7/1	7/5-7/8*	7/11-7/15	7/18-7/22	7/25-7/29	8/1-8/5	8/8-8/12
	Fee	\$16/\$20	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25	\$16/\$20	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25
<b>Aquatot</b>	8:45 AM	320812.1	320812.2	320812.3	320812.4	320812.5	320812.6	320812.7	320812.8	320812.9	320812.10	320812.11
<b>Water Explorer</b>	9:55 AM	320814.1	320814.2	320814.3	320814.4	320814.5	320814.6	320814.7	320814.8	320814.9	320814.10	320814.11
<b>Preschool</b>	8:35 AM	320827.1	320827.3	320827.5	320827.7	320827.9	320827.11	320827.13	320827.15	320827.17	320827.19	320827.21
	9:55 AM	320827.2	320827.4	320827.6	320827.8	320827.10	320827.12	320827.14	320827.16	320827.18	320827.20	320827.22
<b>Level 1</b>	9:20 AM	320831.1	320831.2	320831.3	320831.4	320831.5	320831.6	320831.7	320831.8	320831.9	320831.10	320831.11
<b>Levels 2-4</b>	9:15 AM	320837.1	320837.2	320837.3	320837.4	320837.5	320837.6	320837.7	320837.8	320837.9	320837.10	320837.11
	<b>Fee</b>	\$20/\$25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$20/\$25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25
<b>Beginning Blast</b>	10:30 AM	320840.1	320840.2	320840.3	320840.4	320840.5	320840.6	320840.7	320840.8	320840.9	320840.10	320840.11
<b>Blast 1-3</b>	10:35 AM	320847.1	320847.2	320847.3	320847.4	320847.5	320847.6	320847.7	320847.8	320847.9	320847.10	320847.11

\*no class on Monday

	Time	Ssn 12
	Date	8/15-8/19
	Fee	\$20/\$25
<b>Water Explorer</b>	10:15 AM	320814.12
<b>Turtle</b>	8:30 AM	320821.1A
<b>Alligator</b>	9:05 AM	320822.1A
<b>Seal</b>	9:40 AM	320823.1A



## Monday & Wednesday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/1-6/22	6/27-7/20*	7/25-8/17
	Fee	\$28/\$35	\$28/\$35	\$32/\$40
<b>Aquatot</b>	11:10 AM	320412.1A	320412.2A	320412.3A
<b>Water Explorers</b>	11:10 AM	320414.1A	320414.2A	320414.3A
<b>Preschool</b>	9:10 AM	320427.1A	320427.2A	320427.3A
	10:30 AM	320427.1B	320427.2B	320427.3B
<b>Level 1</b>	11:10 AM	320431.1A	320431.2A	320431.3A
<b>Levels 2-4</b>	9:50 AM	320437.1A	320437.2A	320437.3A

\*No class July 4

## Monday & Wednesday Evening

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/1-6/22	6/27-7/20*	7/25-8/17
	Fee	\$28/ \$35	\$28/ \$35	\$32 / \$40
<b>Water Explorer</b>	7:20 PM	320114.1A	320114.2A	320114.3A
<b>Preschool</b>	5:20PM	320127.1A	320127.2A	320127.3A
	6:00PM	320127.1B	320127.2B	320127.3B
	6:40PM	320127.1C	320127.2C	320127.3C
<b>Level 1</b>	7:20 PM	320131.1A	320131.2A	320131.3A
<b>Levels 2-4</b>	6:00PM	320147.1A	320147.2A	320147.3A
	7:30 PM	320147.1B	320147.2B	320147.3B
	<b>Fee</b>	\$35/\$43.75	\$35/\$43.75	\$40 / \$50
<b>Beginning Blast</b>	7:20 PM	320140.1A	320140.2A	320140.3A
<b>Blast 1-3</b>	6:40PM	320157.1A	320157.2A	320157.3A

\*No class July 4

## Tuesday & Thursday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/31-6/23	6/28-7/21	7/26-8/18
	Fee	\$32/\$40	\$32/\$40	\$32/\$40
<b>Preschool</b>	9:10 AM	320227.1A	320227.2A	320227.3A
	10:40 AM	320227.1B	320227.2B	320227.3B
	<b>Fee</b>	\$40/\$50	\$40/\$50	\$40/\$50
<b>Beginning Blast</b>	11:20 AM	320240.1A	320240.2A	320240.3A
<b>Blast 1-3</b>	9:50 AM	320247.1A	320247.2A	320247.3A
<b>Teen 1-2</b>	11:20 AM	320257.1A	320257.2A	320257.3A

## Saturday Morning

	Time	Ssn 1	Ssn 2
	Date	6/11-7/16	7/23-8/20
	Fee	\$24/\$30	\$20/\$25
<b>Water Explorers</b>	10:40 AM	320614.1A	320614.2A
<b>Preschool</b>	9:20 AM	320627.1A	320627.2A
	10:00 AM	320627.1B	320627.2B
<b>Level 1</b>	10:40 AM	320631.1A	320631.2A
<b>Levels 2-4</b>	9:20 AM	320637.1A	320637.2A
	<b>Fee</b>	\$30/\$37.50	\$25/\$31.25
<b>Beginning Blast</b>	10:40 AM	320640.1A	320640.2A
<b>Blast 1-3</b>	10:00 AM	320647.1A	320647.2A
<b>Teen 2</b>	10:50 AM	320652.1A	320652.2A

## Sunday Afternoon

	Time	Ssn 1	Ssn 2
	Date	6/5-7/10	7/17-8/14
	Fee	\$24/\$30	\$20/\$25
<b>Water Explorer</b>	4:20 PM	320714.1A	320714.2A
<b>Preschool</b>	3:00 PM	320727.1A	320727.2A
	3:40 PM	320727.1B	320727.2B
<b>Level 1</b>	4:20 PM	320731.1A	320731.2A
<b>Levels 2-4</b>	3:00 PM	320737.1A	320737.2A
	<b>Fee</b>	\$30/\$37.50	\$25/\$31.25
<b>Beginning Blast</b>	4:20 PM	320740.1A	320740.2A
<b>Blast 1-3</b>	3:40 PM	320747.1A	320747.2A
<b>Teen 1-2</b>	4:30 PM	320757.1A	320757.2A

## Spring Swim Lessons

Check out the Winter/Spring Recreation Brochure for dates & times for the last sessions of 1x a week swim lessons. Classes available for all ages and abilities;

Saturday Start April 9!

Sun, Mon, Tues, Wed and Thurs. Start April 12!

## CARA SWIM TEAM

CARA swimming is a recreational swim team for youth who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for age group child will be on the first day of practice. Child will compete in age group of age January 1, 2016. Choose between 45, 60, and 75 minute practices below.



**CARA Pre-Requisite** - Ability to swim one length of pool freestyle with rotary breathing and backstroke without stopping. All participants will be evaluated on the first day of practice.

### Centennial Pool CARA: The Tsunamis

Practice: May 31-Aug 4, Tue & Thurs  
Parent Meeting: Jun 2, Thurs, 6:45pm  
Location: Centennial Pool, 1201 Alpine St  
Meets: 6/11 at Vista Ridge; 6/25 at Lifetime Fitness; 7/10 at Northglenn; 8/7 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-10 yrs	6-6:45pm	321112.1A	\$60/ \$75
8-10 yrs	6:50-7:35pm	321112.2A	\$60/ \$75
11-14 yrs	6-7pm	321113.1A	\$63/ \$78.75
13-18 yrs	7:05-8:05pm	321114.1A	\$65/ \$81.25

### Sunset Pool CARA: The Swordfish

Practice: Jun 6-Aug 5, Mon-Fri  
\*No practice on 7/4  
Parent Meeting: Jun 7, Tue, 8:35am  
Location: Sunset Pool,  
1900 Longs Peak Ave  
Meets: 6/11 at Vista Ridge;  
6/25 at Anthem Highlands;  
7/10 at Northglenn;  
8/7 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-10 yrs	8:45-9:30am	331112.1A	\$132/ \$165
9-12 yrs	8:30-9:30am	331113.1A	\$138.50/ \$171.50
10-18yrs	7:30-8:45am	331114.1A	\$143/\$176



### Longmont Recreation Center CARA: The Piranhas

Practice: Jun 1-Aug 3, Mon & Wed \*No practice on 7/4  
Parent Meeting: Jun 6, 5pm  
Location: Longmont Recreation Center, 310 Quail Rd  
Meets: 6/11 at Lifetime Fitness; 6/25 at Anthem Highlands;  
7/10 at Northglenn; 8/7 Sunset Pool-HOME

Age Group	Time	Code	Fee (res/non-res)
6-10 yrs	4:15-5pm	311112.1A	\$54/\$67.50
8-10yrs	5:05-5:50pm	311112.1B	\$54/\$67.50
9-14 yrs	4:15-5:15pm	311113.1A	\$56.75/\$70.25
9-14 yrs	5:55-6:55pm	311113.1B	\$56.75/\$70.25
10-16 yrs	5:20-6:20pm	311114.1A	\$56.75/\$70.25
11-18 yrs	6:25-7:40pm	311115.1A	\$58.50/\$72

## Diving Lessons

**Beginner:** Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach and basic front and back dives.

**Intermediate:** Pre-requisite: Successful completion of Beginner Diving or be able to perform a dive from the diving board with appropriate 4 step approach and back fall dive. Intermediates will work on flexibility, strength, and building diving skills.

**Advanced:** Pre-requisite: Must have successful completion of Intermediate Diving and have a willingness to try new dives. Learn inwards, reverse flips and twisting dives.

Ages: 7-18

Location: Centennial Pool; 1201 Alpine St.

DIVE	Time	Date	Fee	
2x a Week	Mon & Wed	6/6-6/22	res/non-res	
Beginner	5:15-6:00pm	321321.1	\$36/\$45	
Intermediate	6:05-7:05pm	321331.1	\$40.50/\$50.75	
Advanced	7:10-8:25pm	321341.1	\$43.50/\$54.50	
DIVE	Time	Mon ONLY	Wed ONLY	Fee
1x a Week		7/11-8/8	7/6-8/3	res/non-res
Beginner	5:15-6:00pm	321320.1	321324.1	\$30/\$37.50
Intermediate	6:05-7:05pm	321330.1	321334.1	\$33.75/\$42.25
Advanced	7:10-8:25pm	321340.1	321344.1	\$36.25/\$45.50

## American Red Cross: Adult Learn-to-Swim Classes

### Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

### Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

Sunset Pool				
Saturdays	Time/Date Fee	6/7-6/23 \$31.50/\$39.50	6/28-7/21 \$42/\$52.50	7/26-8/11 \$31.50/\$39.50
<b>Adult 1</b>	5:35 PM	330261.1A	330261.2A	330261.3A

Centennial Pool			
Saturdays	Fee	\$31.50/\$39.50	\$26.25/\$33
	Time/Date	6/11-7/16	7/23-8/20
<b>Adult 1- 2</b>	10:50 AM	320667.1A	320667.2A
Sundays	Time/Date	6/5-7/10	7/17-8/14
<b>Adult 1</b>	4:30 PM	320761.1A	320761.2A

Longmont Recreation Center			
Sundays	Time/Date Fee	6/5-7/10 \$31.50/\$39.25	7/17-8/14 \$26.25/\$33
<b>Adult 1 -2</b>	7:40 AM	310767.1A	310767.2A